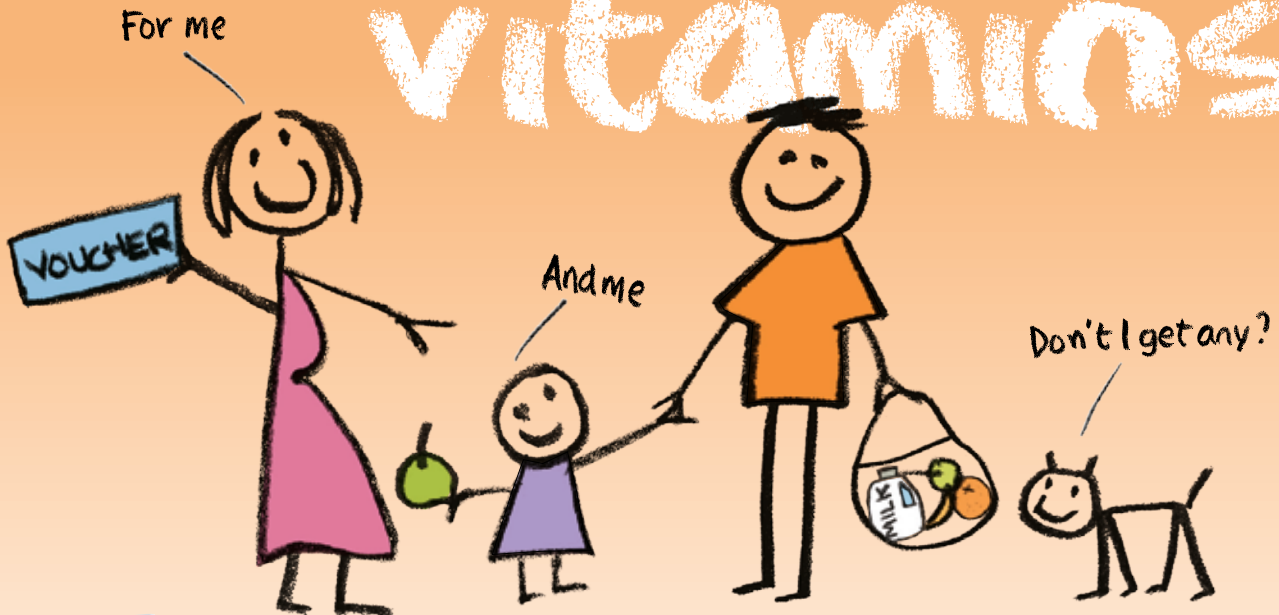


Free vitamins



Vitamins are now available FREE in Gloucestershire as part of the Healthy Start voucher scheme, helping to give children the best start in life.

Vitamin drops for children aged from birth to four include:

- Vitamin A: for growth, vision and healthy skin
- Vitamin C: helps maintain healthy tissue in the body
- Vitamin D: for strong bones and teeth.

Vitamin tablets for women who are pregnant or breastfeeding include:

- Folic acid: reduces the risk of birth defects
- Vitamin C: helps maintain healthy tissue in the body
- Vitamin D: helps your body to absorb calcium and supports your baby's bones to develop properly



The Healthy Start scheme also provides free fruit, veg and milk for eligible families.

Visit www.gloucestershire.gov.uk/healthy-start to find out how to apply for Healthy Start vouchers

